

## Terri's Top 20 Love and Logic Tips

### 1. Take care of yourself first.

- replace anger and frustration with empathy
- replace threats and warnings with simple actions
- set limits you can enforce
- give away the control you do not need

### 2. Teach the child to be prepared to solve any problem he/she makes for others as long as it does not create a problem for someone else.

- The more questions we ask, the better thinkers our kids will become
- The more questions we ask, the fewer power struggles we will have.
- Kids grow the healthiest and strongest brains when they're fortunate to spend time around adults who say things like:
  - "I don't know. What do you think?"
  - "Are you sure that's the best idea?"
  - "How do you think that's going to work out for you?"
  - "Would you like to hear what some other kids have tried?"
  - "Do you think that's going to work out well or \_\_\_\_\_?"
  - "What do you think you are going to do?"
  - "Which one of these is the best solution to your problem?"
  - "Do you have enough money to pay for any possible damage?"
  - "Is that a wise decision?"

### 3. Three rules for managing power struggles

- avoid at all costs
- if you're going to get into one, win at all costs
- pick the issue carefully. Whenever we lose a power struggle, it's because we have not chosen the issue carefully.

**4. Be consistent.**

- use thinking words
- give choices
- display no anger

**5. Share control through choices.**

Control is like love. The more we give away, the more we get in return.

**Rules for giving choices:**

- always** be sure to select choices that you can live with
- never** provide one you like and one you don't like because the child will usually select the one you don't like
- never** give a choice unless you are willing to allow the child to experience the consequences of that choice
- never** give choices when the child is in danger
- never** give choices unless you are willing to make the choice in the event the child doesn't
- Your delivery is important.** Try to start your sentence with one of the following:

"You're welcome to \_\_\_\_ or \_\_\_\_."

"Feel free to \_\_\_\_ or \_\_\_\_."

"Would you rather \_\_\_\_ or \_\_\_\_?"

"What would be best for you \_\_\_\_ or \_\_\_\_?"

**6. Show them you can control them without ever breaking a sweat.**

**7. No anger, lectures, threats or warnings.**

Every time you use empathy, your kids reasoning brains turn on. Every time you deliver threats or anger, their reasoning brains turn off. Empathy opens the mind to learning.

**8. Out argue a child by going "brain dead."** This means nothing comes out of your mouth. Grin or smile instead.

**Remember:** There is nothing wrong with a kid that a little reasoning won't make worse.

**Never:** Never attempt to reason with the child. Don't attempt to explain your position. Logic does not work in these situations because the child is playing by a different set of rules than you are. He/she is not interested in facts and logic. He/she is interested in seeing you give up.

**One liner antidotes:**

- "I respect you too much to argue."
- "I bet it feels that way."
- "I know."
- "How sad."
- "Nice try."
- "Thanks for noticing that."
- "What a bummer."
- "Could be."
- "Probably so."
- "I know."
- "I'll love you wherever you live."
- "I bet it feels that way."
- "What do you think you're going to do."
- "I don't know. What do you think?"

**DO NOT ATTEMPT TO THINK----**become a broken record, saying the same antidote for each new argument the child comes up with. Keep your soft voice. Allow any frustration to that of the child, not of you.

**IF THE CHILD CONTINUES TO ARGUE-----**

For some very strong willed or manipulative children, it is effective to say, "I argue at 12:15 or 3:15 daily. "What would be best for you?" and then play broken record with this question. Don't give into the temptation to match wits with a child.

9. **No sarcasm!!!!** Sarcasm breeds revenge. You can control your sarcasm by whispering.
10. **Famous Last Words---**when your child presents a problem that you know will present its own consequences, before you get angry or sucked into the problem, try saying:

- "What a bummer."
- Really? I know you , and I'm sure you'll come up with something."
- "Gee, that's terrible. How are you going to handle it?"
- "Gosh, I'm glad that's not my (report card, problem, etc.). You must feel awful. What can you do?"
- "Hmmmmm...that's really an interesting way of looking at it. Let me know how that turns out."
- "Wow, what a mess. Let me know what you come up with. I really care."

**11. Delayed consequences make kids think!!!!**

**12. Keep it simple!!!! The fewer words the better.**

Say what you mean and mean what you say.

**13. Remember----children learn by example!!!!**

**14. For every negative give four positives.**

**15. Build self-concept.**

Everything kids learn and do affects how they see themselves, which in turn, determines what they choose to do with their lives.

**16. Provide a strong sense of empathy before delivering consequences.**

Empathy allows children to learn from their mistake instead of learning to resent adults.

#### **Empathy**

- Preserves the adult-child relationship
- Prevents resentment and the chances of "payback"  
Behavior
- Models and therefore teaches respect
- Helps a child stay focused on what can be learned from a mistake, rather than on the adult's anger

**17. Turn every mistake or misbehavior into a learning opportunity.**

-replace punishment with logical consequences

-when possible, guide your child to solve his/her problem

**18. Be aware of your teaching/supervision style.**

Are you a drill sergeant, a helicopter or a consultant?

**Helicopter** teachers hover, rescue and protect.

**Drill Sergeant** teachers say: "Do it! "Do it now, or else!"

**Consultant** teachers are always there to give advice and let the child make the decisions, with the idea that they will let the child make as many mistakes as possible when the price is affordable.

**19. Share the thinking.**

Every time the child causes a problem or makes a mistake, allow him/her to think more about the solution than you do.

**20. Practice, practice, practice.**

If at first you don't succeed, try again. Don't worry about your students. They'll be happy to oblige you with practice opportunities. The important thing is to build a relationship with the child that will last a lifetime.

Our students are our most precious resource. They come to us with one request: "During our short eighteen years with you, please teach us the truth about life and prepare us to be responsible adults when we leave home and enter the real world."

Grant your student's request. Love them enough to allow them to learn the necessary and crucial skills of responsible thinking and living.